



# Empowering Women in the Workplace



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🕒 1 day 📍 Live Online, Face-to-Face, Workplace 💰 \$ 900

Today in Australia there are more CEOs called Andrew than there are female CEOs altogether. There are a wide range of reasons for this, and this course is designed to resolve one facet of this problem: empower women to create a plan to harness their own power.

Research shows that in order to apply for a job, women feel they need to meet 100% of the criteria while men usually apply after meeting about 60% of the criteria. This all comes down to confidence.

This one-day course is designed to empower women to put their hand up, shoot for the stars, be brave, articulate what they want, and not be held back by unconscious beliefs.

On a practical level, this course helps attendees to break down these unconscious biases and design career plans with a purpose to achieve what they set out to achieve. We challenge course attendees to reflect, step back, share experiences, learn from others, and feel empowered to make the changes they want to make.

We look at the role of power and influence in the workplace, as well as a series of nature and nurture issues to be overcome; including impostor syndrome, unconscious bias, and perfectionism.

Emotional intelligence, verbal and non-verbal communication skills, networking, and strategic decision-making teachings create a valuable toolkit that attendees can take back to their workplace and use immediately.



Discover more at [swi.nu/empowered](https://swi.nu/empowered)

## Course highlights

- Define your career goals and how to achieve them.
- Communicate with greater effectiveness and clarity.
- Understand the mindset impacts of societal conditioning.
- Improve your overall confidence in your abilities.
- Identify the impact of your feelings on your behaviour.
- Understand your office politics and how to play more effectively.
- Improve your networking ability to develop your strategic network.
- Identify potential mentors and how to approach them.

## Learning objectives

- By completing this course, participants will be able to:
- Immediately change your approach to business communications, both verbal and written.
  - Present work achievements differently, starting with highlighting achievements on LinkedIn and in the workplace.
  - Be able to form connections, network with purpose, and find mentors.
  - Adjust body language and communication skills for the better.
  - Receive a participant course training manual to take with you.

## What you can expect

- A workbook to take home or to work that you can reference back to.
- Learn alongside professional peers, and network.
- Pathways to continue your studies with Swinburne Edge.
- The immediate knowledge and confidence to implement your new skills.

## Pre-course work

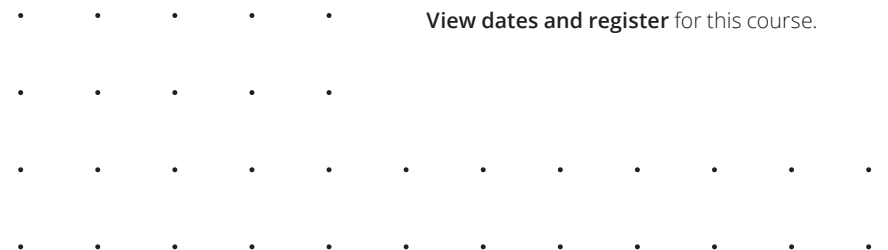
There are no pre-requirements for this course.

## Dates

**View dates and register** for this course.

## Who should attend?

This course is open to both men and women who wish to break down unconscious biases, and women who wish to improve their influence and power in the workplace.



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## The Swinburne Edge difference

Swinburne Edge is a division of Swinburne University that exclusively services professionals. We offer professional development to people with existing skills and experience, who are ready to up-skill or formalise their skills for their next career stage. Immerse yourself in a Swinburne Edge short course or qualification to enhance your current knowledge with fast-tracked, practical learning that gets you to your goal faster.

For further information, contact our Continuing Professional Education Advisors on 1800 633 560 or [edge@swinburne.edu.au](mailto:edge@swinburne.edu.au).




"The facilitator was fantastic - very warm and relatable, she had a great approach, was an excellent fit for the workshop content. Very effective."

**Claire**  
Participant,  
Empowering Women in the Workplace





## Contact us

-  1800 633 560
-  [edge@swinburne.edu.au](mailto:edge@swinburne.edu.au)
-  [swinburne.edu.au/swinburne-edge](https://swinburne.edu.au/swinburne-edge)

